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SEAHAWKS DOWN

THE ATLANTA FALCONS KNOCK SEATTLE OUT OF THE PLAYOFFS, BUT THE FUTURE LOOKS BRIGHT FOR ROOKIE SEAHAWKS QB RUSSELL WILSON PAGE 13

REGINA
metro®
Monday, January 14, 2013
News worth sharing.
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SHE'S A GOLDEN GIRL

Anne Hathaway holds her award for best supporting actress in a motion picture for her role in Les Misérables during the 70th annual Golden Globe Awards at the Beverly Hilton Hotel in Beverly Hills, Calif., on Sunday. For the top shows, films, actors and jokes of the night, see page 7. PAUL DRINKWATER, NBC/THE ASSOCIATED PRESS

Three charged in alleged abduction

Police have arrested two 16-year-old boys and a woman in relation to an Amber Alert issued last Thursday for a pregnant Sask. teen PAGE 2

Another bus attack in India

Six suspects are being held after the gang rape of a 29-year-old woman who was travelling to her village in northern Punjab state PAGE 4

Friends with Manolos

Canadian actress Ellen Wong plays a teen Carrie Bradshaw's BFF in the upcoming prequel to Sex and the City PAGE 8

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NEWS 1

Gas prices remain low across province over the weekend

Penny pumping. Regina's Sunday gas prices hold steady at 12 cents less than last year's average

MORGAN MODJESKI
Metro in Saskatoon

While winter weather conditions have been serving as a deterrent for drivers across the Prairies, low gas prices in Saskatchewan are giving motorists motivation to fill up.

Saskatchewan's average gas price of $1.04 per litre was one of the lowest in the country on Sunday morning, second only to Alberta, which had an average price of $0.95, according to Gasbuddy.com.

Some residents say the drop in prices is always a positive, though they don't expect it to last.

"The lower the better, of course, and if they could last for a while, that would be even better," said Dan Hughes, who was getting gas at a Shell station in Saskatoon.

"Everybody expects that they'll eventually go up again," he continued, "but we're happy about it right now. There was a time when if gas was over a dollar it was considered an awful lot, so it's a matter of perspective, too."

Those on the other side of the pump, like Allan Valenzuela, supervisor at the Albert Street Co-op in Regina, say lower prices mean an increase in customers. Valenzuela says his store has seen a two to five per cent increase in gas customers.

Although the average price is still above the $1 mark, costs are lower in comparison to last year, as the average price for gas in Saskatoon on Jan. 13 was $1 per litre, compared to $1.14 last year.

Regina also saw lower-than-average numbers, as Sunday's average gas price was $1.04, compared to $1.16 in 2012.

Taking advantage

"There was a time when if gas was over a dollar, it was considered an awful lot, so it's a matter of perspective, too."
Dan Hughes, while filling up in Saskatoon

Willis Thomson, 30, gets gas at a 7-Eleven in Saskatoon on Sunday morning. Saskatchewan's gas prices were the second lowest in the country on Sunday morning, with the average cost hovering around $1.04/L. MORGAN MODJESKI/METRO IN SASKATOON

Charges laid in alleged abduction of Sask. girl

Sgt. Paul Dawson, an RCMP spokesman, addresses the media at RCMP F Division headquarters in Regina on Thursday about an Amber Alert. Three arrests were made on the weekend in relation to the alert. ALYSSA MCDONALD/METRO

Charges were laid over the weekend against three people in the alleged abduction of a pregnant girl who was the subject of an Amber Alert in Saskatchewan last week.

RCMP say two 16-year-old boys from Maple Creek, Sask., have been charged with abduction of a person under 16 years of age, breaking-and-entering, and disguise with intent.

One of them is also charged with possession of a weapon dangerous to the public.

A 38-year-old woman, also from Maple Creek, is charged with abduction of a person under 16 years of age and obstruction of a police officer.

The Youth Criminal Justice Act prohibits naming underage suspects or anyone whose name could identify the youths.

It's alleged the 14-year-old girl — who is eight months pregnant — was forcibly taken from her family's home by her boyfriend on Wednesday night.

The boy and girl in the case had been previously identified in news reports after police issued the alert seeking the girl's safe return. Her identity is also protected under the act unless parents give consent to her being named.

The alert was issued after the girl's family reported that a pair of intruders wearing ski masks burst into their home and demanded the girl pack some clothes and leave with them.

They told police that one of the culprits, who was wielding a small wooden bat, walked through the home and found the girl in a room.

One of the male suspects remains in custody and is scheduled to appear in court Monday. The other teen and the woman have been released and are due in court Feb. 14.

THE CANADIAN PRESS

$278.2 million

Council to consider stadium funding

On Wednesday the executive committee of the Regina city council will consider the proposed funding model for the new stadium design and the purchase of the Canadian Pacific lands.
METRO

Under investigation

Man dead after rail-yard incident

The Regina Police Service is conducting an investigation after the sudden death of a 39-year-old man early Saturday morning at the Canadian Pacific Rail Yard in Regina. It is believed the victim was an employee of CP Rail.

While the exact circumstances of the man's death are under investigation, preliminary indications are that a moving train fatally injured the man. The office of the coroner and CP Railway are assisting in the investigation.

At this point in time, officials do not believe the death to be suspicious.
METRO

'Growth expectations'

Proposed city budget calls for tax increase

The proposed 2013 budget for the city of Regina has been unveiled. Included is a 4.45 per cent increase in the mill rate. According to the city, the increase is needed to address concerns of a growing city with aging infrastructure.

"We are maintaining levels of service as they currently exist, we are keeping up with growth expectations, services required to keep up with growth are being maintained, and there is actually an elevated investment in infrastructure in the community," said Glen Davies, city manager of Regina, on the proposed budget. METRO

Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of web feed formats used to gather updates from blogs, news, audio and video.

Aaron Swartz THE ASSOCIATED PRESS FILE

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. **THE ASSOCIATED PRESS**

Police dog takes a licking, keeps on sniffing

Vancouver police dog Teak peeks out of a vehicle after his release from an animal clinic Sunday morning. The German shepherd is recovering after being slashed in the pursuit of a robbery suspect in Vancouver on Friday. Teak, who will be eight years old in March, received 30 stitches to close up the 10-inch wound he sustained from the incident. PHYLICIA TORREVILLAS/METRO IN VANCOUVER

Attawapiskat

Mulcair seeks end to hunger strike

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call upon Chief Spence to realize that there has been a step in the right direction, to try to see now if we can keep putting pressure on the government to follow through," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving, so I think that the best thing to do would be to step back from that."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room.

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6 men arrested in India after another gang rape

Friday night attack. 29-year-old woman was travelling to her village in northern Punjab state when driver took her to a desolate location: Cops

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a moving bus in the capital outraged Indians and led to calls for tougher rape laws.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they were joined by five friends and took turns raping her throughout the night, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six men admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison after serving nine years for raping and murdering a girl in 2003, PTI reported Sunday.

THE ASSOCIATED PRESS

Gender injustice

"It's a very deep malaise. This aspect of gender justice hasn't been dealt with in our nation-building task."

Seema Mustafa, a writer on social issues who heads the Center for Policy Analysis think-tank.

French protesters don't want gays to marry

Thousands of protesters mobilized Sunday against the French president's plan to legalize gay marriage, streaming into Paris by bus, car and specially reserved high-speed train. Legalizing gay marriage would allow same-sex couples to adopt and conceive children. President Francois Hollande's plan has underscored divisions among the secular-but-Catholic French, especially more traditional rural areas versus urban enclaves. LORI HINNANT/THE ASSOCIATED PRESS

Life sentence overturned

Mubarak gets another chance

A Cairo appeals court on Sunday overturned Hosni Mubarak's life sentence and ordered a retrial of the former Egyptian president for failing to prevent the killing of hundreds of protesters during the 2011 uprising. THE ASSOCIATED PRESS

Canadian on death row

Parole board under fire in Montana

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals. The review could result in limitations on the board's powers. THE ASSOCIATED PRESS

Assault weapons ban

NRA says it has friends in Congress

The National Rifle Association says it has enough support in Congress to block a law that would ban assault weapons, despite promises from the White House and Democratic lawmakers to make such a measure a reality. THE ASSOCIATED PRESS

Nortel verdict will send message, observer says

Monday ruling. Former executives, accused of cooking books, each face up to 10 years in prison

Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, file photo. THE CANADIAN PRESS FILE

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger $12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead prosecutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

"When you look at white-collar crime, there are always going to be incentives for manipulating financial statements," he said.

"There is a direct financial incentive of increasing the value of your sales, getting a bigger bonus or keeping your job. And what has to counteract that is a disincentive or deterrent from the perspective of potential litigation and potential to go to prison."

THE CANADIAN PRESS

By the numbers

$9B

The verdict will come on the same day that mediation talks on the distribution of nearly $9 billion in assets from the now-bankrupt Nortel begin in Toronto. The weeklong proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

Fired up over Spain's health-care sell-off

Protesters shout slogans during a demonstration against plans to restructure and partly privatize the health-care sector in Madrid on Sunday. Madrid's regional government proposes selling off the management of six of 20 large public hospitals and 27 of 268 health centres, and says the reforms are needed to secure health services during the country's economic crisis. Spain's regions are struggling with a combined debt of about $190 billion US as the national economy contracts into a double-dip recession triggered by a 2008 real-estate crash. ANDRES KUDACKI/THE ASSOCIATED PRESS

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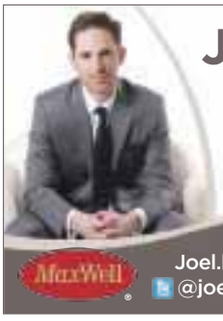
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CITY ADMINISTRATION'S PROPOSED 2013 BUDGET

Budget in Brief

City of Regina | REGINA Infinite Horizons

Capital and operating budgets

To continue investing responsibly and building a sustainable future, City Administration is proposing a 4.45 per cent mill rate increase.

Highlights

- $69.2 M for Regina Police Services operations (as recommended by the Board of Police Commissioners)
- $54.8 M in construction, repairs and maintenance for roads, bridges and alleys
- $40.3 M for Fire & Protective Services operations
- $18.2 M in managing waste and the landfill
- $17.9 M in maintaining and improving parks and golf courses
- $3.2 M in starting curbside recycling and moving forward with Waste Plan Regina

Water & Sewer Utility budget

The water and sewer budget is funded through the utility. In 2010, City Council approved 9 per cent rate increases for 2011 to 2013.

Highlights

- $38.6 M in operating and upgrading the water system
- $22.7 M for operating and upgrading the wastewater treatment plant and wastewater collection system
- $15 M for maintaining and upgrading the drainage system

With the proposed mill rate and approved water rate increases, the City's budget for 2013 will be $566 million.

The Administration's budgets will go to Executive Committee on Monday, January 21. The budgets will then be tabled at Council and will go back to Council for approval in February. These meetings all take place at 5:30 p.m. in Henry Baker Hall at City Hall.

Residents are welcome to attend. To appear as a special delegation, please call 777-7262 for details.

See the proposed budgets at **Regina.ca**

GLOBAL WARMING LEAVES US OUT IN THE COLD

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Last year, we had the third warmest winter on record. Global warming?

This year, not so much. Global frosting?

The U.S. might have experienced its warmest summer on record, but you can't help thinking that some of that global warming, for all its alleged dire consequences, would be welcome this morning, as the mercury coagulates around the bottom of the thermometer.

In fact, all this winter can shake one's faith in climate change. It's almost reassuring. This stuff we can deal with. On this stuff, we're experts. First, you shut down the Trans Canada between Regina and Moose Jaw. Then when the storm passes, you dig the cars out of the ditch, clean the major arteries first, then sand the intersections to prevent glide-through.

It's a time-tested formula for dealing with Old Man Winter. There's none of that weird freezing rain or winter tornado activity that comes with global warming.

Well, that ices it

"The restoration of our normally brutal winter weather corresponds to an admission from the U.K.'s respected Met Office that global warming has slowed across the planet."

Strange but true: The restoration of our normally brutal winter weather corresponds to an admission from the U.K.'s respected Met Office that global warming has slowed across the planet and that this slowdown will continue for the next five years. After that, says the Met, expect warming to accelerate. More brown Christmases for Saskatchewan … though that would be the least of our worries.

The Met's caution won't cut any ice, pun intended, with your global-warming skeptic Uncle Fred, who seizes on the admission of a slowdown as proof positive that global warming is a conspiracy of greedy scientists to scare governments and foundations into giving them grants to study global warming.

Still, as we shovel out the driveway for the fifth time, we begin to wonder if maybe Uncle Fred — previously dismissed as a fossil-fuel-dependent fire-breathing dinosaur — may have a point after all.

Whoa. Let's not let those three-foot snowdrifts cloud our vision. The just-finished year will end up as the hottest year ever in the U.S. On Aug. 26, the Arctic Sea ice level reached an all-time low; sea levels are rising faster than climate change models have predicted, while on the other hand, the Great Lakes fell to their lowest level ever recorded in November.

Something's going on, whatever Uncle Fred thinks. It's a perfect storm of global data, and a little dump of 20 centimetres of snow followed by a few days of -30 C isn't going to make it go away.

We would be tempted to stick our heads in the snow … if it didn't freeze our faces off.

The truth can be too hot to handle, even when it's 30 below.

Anniversary picks up steam

ALASTAIR GRANT/THE ASSOCIATED PRESS

London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west to Moorgate station in London on Sunday. The trip was part of celebrations for the 150th anniversary of the London Underground Tube system.

The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts, and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS

Warning

Beijing's air pollution goes off the index

People refused to venture outdoors and buildings disappeared into Beijing's murky skyline on Sunday as the air quality in China's notoriously polluted capital went off the index.

The Beijing Municipal Environmental Monitoring Centre said the density of PM2.5 particulates had surpassed 700 micrograms per cubic metre in many parts of the city. The World Health Organization considers a safe daily level to be 25 micrograms per cubic metre.

The centre recommended that children and the elderly stay indoors.

The U.S. Environmental Protection Agency's air-quality index goes up to only 500, and the agency advises that anything greater than 300 would trigger a health warning of "emergency conditions," with the entire population likely affected.

THE ASSOCIATED PRESS

Metropolitan Panel

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What's your plan for getting in shape in 2013?

Twitter

@dcbarrett_:
Curious as to how the proposed 4.45% #YQR tax increase will impact already steep rental prices. Excuse for landlords to raise rent? #skpoli

@Alinau87:
#lulu needs to hurry and open in #yqr...I have a gift card to spend and its burning a hole in my wallet #thanksmil!

@estankewich:
I still maintain brewsters is the best and most underrated brunch in #yqr #basicanddelicious

@hydec:
Brilliant! Snow removal in Regina includes back alleys. Cleared parking lanes to cycle in would also be welcome. #yqr

@CDrobotits:
Would really like to go somewhere warm... Or anywhere else aside from #saskatchewan #brrrr

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Tina Fey and Amy Poehler took over from the controversial Ricky Gervais as the hosts of the Golden Globe Awards. GETTY IMAGES

Fey-ry funny stuff, gals

Awards. Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home

NED EHRBAR
Metro World News in Hollywood

All of Hollywood was focused on the 70th Annual Golden Globe Awards Sunday night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton.

This year's new co-hosts, Tina Fey and Amy Poehler, drew early raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler, who was up against Fey for best actress in a television comedy.

The Hollywood Foreign Press had some clear favourites, like Django Unchained, which won for best screenplay for Quentin Tarantino and best supporting actor for Christoph Waltz, who beat out co-star Leonardo DiCaprio as well as Lincoln scene-stealer Tommy Lee Jones, who is considered the Oscar front-runner in the category.

Jennifer Lawrence and Anne Hathaway improved their Oscar chances, winning best actress and best supporting actress in a musical or comedy.

Canadian composer Mychael Danna picked up the best score award for Life of Pi.

"I felt very, very blessed, even before this, and I speak for the whole cast and crew, to be part of the whole Life of Pi experience," he said. "Beautiful, special film. A film of a lifetime."

Danna spent nearly a year working on the score for Life of Pi, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger. The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto." Also in the music category, Adele received her first Golden Globe for best song for Skyfall.

On the TV side of things, most awards mirrored the Emmys. Homeland stars Damien Lewis and Claire Danes earned the trophy for Best Actor and Actress in a TV Drama. Homeland also won for Best TV Drama. HBO's Game Change, about Sarah Palin, won big, taking home Best TV Movie, Best Supporting Actor for Ed Harris and Best Actress for Julianne Moore's depiction of Palin. One shocker was Don Cheadle's win for Best Actor in a Comedy for House of Lies, beating out Jim Parsons, Alec Baldwin, Louis C.K. and previous winner Matt LeBlanc.

WITH FILES FROM THE CANADIAN PRESS

Best of the barbs

"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."

Tina Fey pays Anne Hathaway a backhanded compliment for her role in Les Misérables

Exclusively online

Visit metronews.ca for complete coverage of Sunday's Golden Globe awards, a photo gallery and full list of winners.

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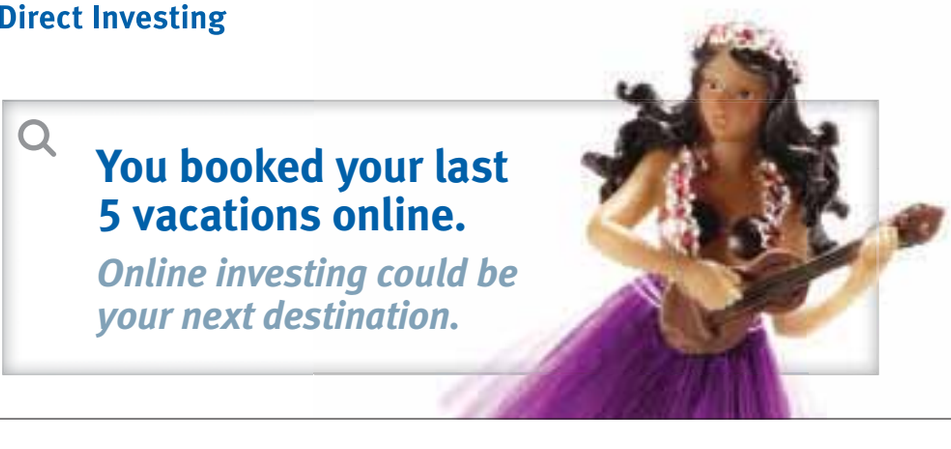

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Before Blahniks and Big, Bradshaw had a bestie...

The Carrie Diaries. Canadian actress Ellen Wong is set to get Carried away as the young pal of one of New York's finest

ELIZABETH BEDDALL
scene@metronews.ca

The Carrie Diaries premieres Monday at 10 p.m. ET on City. HANDOUT

So, much like the young Carrie Bradshaw in your new show The Carrie Diaries (played by AnnaSophia Robb), you've recently been bouncing back and forth between New York City and your hometown (Toronto). Is there a location you prefer?
At this point in my life, I love being in New York. I'm being introduced to an amazing city that oozes with creativity and vibrancy and I'm learning more about myself creatively, being there. And also getting to work on a show with so many amazing people ... I love it.

It's almost like my second home. But Toronto, I always say that my heart lives there. Every time I come back, it's like I don't need to adjust to anything, I'm just home.

In the show you play a young Carrie Bradshaw's loyal, bright and hard-working high school pal Jill "The Mouse" Thompson. Are there similarities between you and your character?
That's one of the main reasons I'm drawn to the show. Because I felt like I related to the character very much. But I also saw a chance to play a character that I never really saw on TV growing up.

I'm playing a girl oscillating between two worlds — she has Chinese parents so her world at home is different than the world that she goes to school and exists in with her friends. So she's trying to find a place that fits for her.

Were you a big Sex and the City fan in its heyday?
I actually started watching the series after we shot the pilot. It was a fun project and I watched the entire series over the summer. It was the best way to watch it because I wasn't having to wait week to week to see what was going to happen next.

So every girl likes to align herself with a character. Are you a Miranda, Charlotte, Samantha or Carrie?
Sometimes I feel like I always give a different answer because I've thought about it so much. What I loved was that there weren't really the stereotypical archetypes in the show — each of the characters had their own thing but were also very related.

What I really liked about the show was that I was able to identify with each of the characters. And that was similar with the Carrie Diaries. You have all these people with unique attributes but then they also are growing up and trying to figure out their lives together and you can relate to all of them.

Fashion and this franchise go hand in hand. So if Mouse was catapulted to the future and became an actual character on Sex and the City, what would her wardrobe look like?
I think she would have more flair because I think right now she's very conservative and practical. Which is fine and it's who she is now. I'd like to see her loosen up a little bit as the series goes on, to just go with the flow. Maybe soft, silky pieces, but still conservative and closed up ... just a little bit more of a risk taker here and there with more colours and different lines.

At what store would she max out her credit card?
I see Mouse as someone who would end up very worldly, so maybe she would get her wardrobe from all over the world.

Mouse mellows out

"I'd like to see her loosen up a little bit as the series goes on, to just go with the flow."
Ellen Wong

1600 Penn. HANDOUT

New on TV. Taking the politics out of the White House on 1600 Penn

NED EHRBAR
Metro World News

The guys behind NBC's new White House-set sitcom 1600 Penn want to make one thing clear: This is not a political show.

"There are a lot of shows about politics. This is not that show," says executive producer Mike Royce.

Fellow executive producer Jason Winer insists this is more about work and family, regardless of the address.

"It's a serious place," Winer says of the White House, "but it's also a workplace."

Jon Lovett, also an executive producer as well as a former Obama speech writer, agrees, noting that while the series may mention very real issues — like unmanned drone strikes — for humour, this isn't supposed to be about the real White House. "We are not sitting around worried about political correctness in the writers' room," Lovett says.

While real-life guest stars from the media world — including the Today show's Savannah Guthrie, MSNBC's Chuck Todd and Larry King — will be popping up, don't expect any familiar political cameos a la Vice President Joe Biden on Parks and Recreation. Simply put, this isn't that show.

"Our show exists in an alternate political universe," says Winer. "Joe Biden appearing would be like a python eating its own tail."

1600 Penn marks the first major television role for Josh Gad since he drew raves for his Tony-nominated performance in the Book of Mormon. But while he's also a executive producer and a writer on 1600 Penn, he initially didn't want to play the role of screw-up First Son Skip Gilchrist, a loud, brash ball of energy similar to his Book of Mormon character.

"I didn't want to do TV, actually," he says. "I wanted to keep making as little money as possible in the theatre."

But as 1600 Penn developed, Gad said the writing was just too good to pass up and he couldn't stand the idea of anyone else playing the role.

"And also all of the other offers fell through," he jokes.

Portlandia pair out to expand their world

Broad comedy. Armisen and Brownstein click refresh as certain characters embark on new adventures

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein wanted to take the characters they developed in the first two seasons of sketch comedy show Portlandia someplace new.

Playing themselves, Armisen and Brownstein venture to Seattle to recruit prospective Portland residents (and end up with Chloe Sevigny as a new roommate); as Toni and Candace, they investigate a negative review on Yelp, which requires them to actually leave their feminist bookstore. Even Spyke — Armisen's ever cynical and hyper-local hipster bike messenger character — takes his crusade to "take back MTV" to New York City in this month's premiere.

But Armisen and Brownstein say that putting their characters in different locales is only part of the new direction for Portlandia.

"This year, we were all about making it less conceptual and more about, 'Who are these people?' and then,'Which of these scenarios do they lend themselves to?' like putting a handful of characters in conflict," says Brownstein.

It seems like Portlandia itself is in conflict. What began as a niche sketch comedy show that skewered a city known for its quiet eccentricities has struck a universal chord. From the first season's launch to the second season's premiere, the show saw a 39 per cent rise in viewers. Not bad for a show that's just as apt to cast indie rock musicians in supporting roles as comedic actors. In between the second and third season, the pair toured a live show that featured as many earnest musical performances as it did comedy bits. Armisen acknowledges that the show has a bit of an identity crisis, but he says it's liberating.

"I want to reach many people," he says. "It's a comedy show and I guess technically it's a variety show because there's music in it, and so I have no limitations on it."

But Armisen bristles at any insinuation that Portlandia is a place where he can put ideas that would be "too weird" for that other comedy show he's on, Saturday Night Live.

"There are things on Portlandia that are broad," he argues. "It's hard to classify what something is, but SNL historically has done some weird stuff and I would say that that show has allowed me to do some very weird things that I can't believe I've gotten away with."

Brownstein says they have kept a focus on certain characters throughout the seasons, not because they're reliable for audiences, but because of the possibilities she and Armisen find in them.

"I'm really not totally interested in crowd response as a means of gauging what to do next, creatively, because I think you can just really go down a rabbit hole with that, like trying to think from a marketing or network standpoint, because everybody has a different relationship to the show and it's such an individual experience and to try to guess or determine that beforehand is to limit yourself and take less risks," she says.

"It kind of has to stem from the characters that we feel the most invested in and that we feel like we can explore at great length."

Carrie Brownstein, Fred Armisen aim to take their characters to new places in Portlandia. CHRISTOPHER HORNBECKER/IFC

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jackass alum killing it with his new reality show

THE WORD
Mark Breslin
scene@metronews.ca

Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p,m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances.

We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?
I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?
When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears
Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is not even happening?
That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?
Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but not in pain.

So what were some ideas that you came up with that went too far even for you?
There was one point when a girl was crying. I don't like to see that. I think that one went a little too far. I don't like to make people cry. I would hate to be a contestant on Killer Karaoke — that's the honest truth, man. I would not do well on getting electrocuted that much.

Lindsay Lohan.

Former co-star comes to Lohan's defence

Lindsay Lohan is undergoing a fresh round of criticism thanks to a New York Times piece chronicling the adverse working conditions the actress inspired on the set of The Canyons, which she filmed last year.

But at least one former co-star is sticking up for her. "I never got yelled at. We didn't have that relationship at all. To be completely fair to Lindsay, that did not happen. She didn't threaten me at all," says her Liz and Dick co-star Grant Bowler. "We had a lot of quiet, serious conversations about characters and we worked very, very hard. And we both ensured that when we came to set, we came to set very, very serious. That's the God's honest truth."

Spears splits from X Factor, now from fiancé

How over is Britney Spears' engagement to ex-fiancé Jason Trawick?

So over that they reportedly returned the $90,000 engagement ring Trawick gave her, according to E! News.

Trawick gave Spears the ring when he popped the question in December 2011, but plans for marriage are clearly over.

"Jason and I have decided to call off our engagement. I'll always adore him and we will remain great friends," Spears says in a statement.

Britney Spears is back on the market once again.
ALL PHOTOS GETTY IMAGES

Twitter

@oliviawilde
Thanks for all the sweet congratulatory love, friends! And may I compliment your savvy use of that nifty engagement ring emoticon.

@ABFoundation
You could go out on the street right now and 3 of the first 5 people you meet could do a better job than your current rep in Congress...

@ralphmacchio
Finally gave up my BB - kept crashing. Now the realization - I suck at touch screen. This tweet took 8 mins to generate. #iphoneneophyte.

@SarahKSilverman
If you have terrible luck with roommates, YOU'RE the terrible roommate

Kobe Bryant.

Kobe Bryant gets back with wife

L.A. Lakers star Kobe Bryant and his wife, Vanessa, are not splitting up after all.

"We are pleased to announce that we have reconciled. Our divorce action will be dismissed. We are looking forward to our future together," Vanessa announced via her Instagram account.

The couple filed for divorce in 2011. Kobe took to his official Facebook page to go into a bit more detail.

"I am happy to say that Vanessa and I are moving on with our lives together as a family. When the show ends and the music stops, the journey is made beautiful by having that someone to share it with."

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Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?
Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?
On cloudy days, some of the damaging rays of the sun go right through the clouds.

(Using sunscreen) should just become a part of someone's daily skin-care routine.
MEREDITH ENGEL, MWN

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Parenting fads set to rule the playground in 2013

Yearly predictions. Each year, parents jump on new trends, and many of them are just plain annoying

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all.

Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal.

They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning up. Think of the money, gold coloured plastic, and particleboard that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times.

Recess snacks? Snack break at a play date?

End the madness, please.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom.

Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached.

Then there's the mom who brings in (more!) snacks to the class on her child's birthday.

Let's lower that bar (and cost and calorie count) just a bit, OK?

Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes.

Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home.

One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

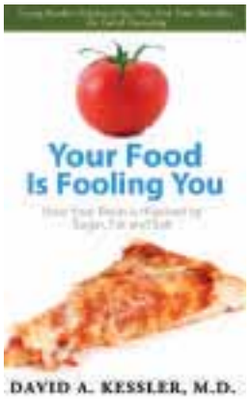
In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation.

It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

One trend sees all kids getting trophies just for showing up. ISTOCK

Why your teen can't put down those chips



MEREDITH ENGEL
Metro World News in New York

Former United States FDA Commissioner David Kessler's 2009 best-seller, The End of Overeating, introduced the thought that our eating habits are reinforced by the fat, sugar and salt pervasive in our diets.

Now, he's speaking to the adults of tomorrow with his new book, Your Food is Fooling You, to help teens learn the science behind their behaviour and how they can change it.

Why write a book for young people?
The goal was to speak to them in a voice that doesn't talk down to them, that really tries to explain how they can protect themselves — to make sure that their neural circuits don't get adapted to wanting and responding to these cues.

The goal was to give young people the tools so that their grown brains, these neural circuits, do not get adapted to this constant wanting and constant responding. Because once the neural circuits get laid down and you start responding to all these cues, it's very hard to unlearn that behaviour.

How are teens targeted by the food industry?
Just look at all the places you can buy food today. And not only that, look at the food. Much of the food is designed; it is made multisensory.

So what can we do about it?
The goal (of the book) is to explain how they can be in control, rather than the food industry. Much of the time, it's not that you're hungry. Much of the wanting is cue-induced. That's automatic — that it's happening to us, it's not a conscious decision.(Ask yourself:) "Is it real food, or is it just highly processed layers of fat, sugar and salt?"

How can parents help their children get healthy?
There's no question that young people are, to a significant extent, limited by someone else making the choices. But young people do have an ability when they're going through the school lunch line, what they encourage their family to eat, what choices they make. You never get rid of that cue-induced wanting cycle. But you can focus it on what you want.

Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.

This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract

Orange Date Filling

- 250 ml (1 cup) pitted Medjool dates, chopped
- 2 ml (1/2 tsp) grated orange rind
- 125 ml (1/2 cup) orange juice
- 125 ml (1/2 cup) flaked hazelnuts (filberts)
- 2 ml (1/2 tsp) pure vanilla extract

1. Orange Date Filling: In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

2. In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

3. In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

4. Place a level 15-ml (1 tbsp) measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment paper-lined baking sheet and repeat with remaining dough and filling.

5. Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool slightly before serving.

THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES

Have your cookies and dip into them too — literally

1. Cookie dough: In a large bowl use an electric mixer to beat the butter and both sugars until light and fluffy. Add the milk, vanilla and salt, then mix well. Add the flour and mix just until thoroughly blended. Mix in the chocolate chips.

2. Divide the mixture into chunks, about 1 teaspoon each. They don't need to be perfectly rounded. Arrange them without touching on a parchment paper-lined baking sheet, then place in the freezer for 15 minutes.

This recipe serves 24. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

For the cookie dough

- 6 tbsp unsalted butter, at room temperature
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tbsp milk or cream
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 1/4 cups all-purpose flour
- 3/4 cup mini chocolate chips

For the dip

- Two 8-oz packages cream cheese, softened
- 2 cups powdered sugar
- 6 tbsp milk
- 1 tsp almond extract
- Pinch salt
- 1/2 cup sour cream
- 10 Oreo (or similar) cookies, crushed

3. Meanwhile, in a food processor combine the cream cheese and powdered sugar.

4. Process until smooth and creamy. Add the milk, almond extract, salt and sour cream, then process. Transfer to a bowl, then use a spatula or spoon to gently stir in the crushed cookies.

5. Once the cookie dough chunks have chilled, gently stir them into the dip. Transfer to a serving bowl and serve immediately or chill until ready to serve.

THE ASSOCIATED PRESS

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A 16 oz , 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.

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The In-Credibility Factor

Name: Joy Hu
City: Toronto
Age: 26
Occupation: Director, designer and production manager of The Joy Hu Collection

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making $10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

I knew I was on my way when ...
I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments but now I have 20 racks in my showroom. My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job.

Action Plan:

Listen to your customer
There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.

Social media is a powerful marketing tool
We don't have Facebook in China, so when I came to Canada I learned about social media. I have built my whole business based on Facebook — it's incredible. For the 21st century, online marketing is very important.

Watch your bottom line closely
In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.

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Working paramedics have taken a community college course and obtained proper certification. ISTOCK

If you can keep your cool in an emergency and don't faint at the sight of blood, paramedicine might be the career for you.

Paramedics are "first responders," working alongside police and firefighters to provide emergency services and pre-hospital care for patients.

In the course of a shift, they may be dispatched to a car accident, a private home where someone is having a heart attack or the scene of a shooting.

Paramedics perform CPR and other basic trauma life support to stabilize patients and then rush them to hospital. They work in teams, drive their own ambulances or emergency response vehicles and provide care on-site and en-route to the hospital.

Career opportunities
- Ambulance service or EMS member
- Search and rescue team member
- Supervisory role
- Emergency planning
- Emergency medical dispatcher
- Industrial safety
- Military medic
- Air ambulance worker

Salary expectations
$70,000 to $85,000 (Toronto EMS numbers)

Career tracking
Recent grads get jobs working for an EMS department. There are different levels of paramedicine and you can take additional training to become an advanced care or critical care paramedic.

Successful paramedics are...
- Calm under pressure
- Critical thinkers
- Dedicated
- Rapid decision makers
- Empathetic
- Leaders
- Physically strong
- Good communicators

Paramedic perk

"It is a profession where every personal encounter is a chance to make a meaningful difference in someone's life. Paramedicine is a rewarding career for those with a passion for health care and who also enjoy being constantly mobile."
Kim McKinnon
Superintendent, Toronto Emergency Medical Services

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

First-person

Meet the real deal

Jonathan Paget is a primary care paramedic at Toronto EMS. Originally from Ottawa, he joined Toronto EMS in 2007 after graduating from the Algonquin College paramedic program. Prior to his career in paramedicine, Jonathan had a career in management in the hospitality industry.

Why I love my job:

I love my job because it's an extremely dynamic work environment, and I really enjoy helping people.

I like to be busy and the Toronto EMS is an extremely busy service. I like the variety too — two days are seldom the same.

When we are on a medical scene, we're calling the shots and we're able to problem solve and use our critical thinking skills. You're looking at a patient's signs and symptoms to figure out the best way to deal with the emergency.

Through your career, there will be something that's going to affect you emotionally.

I was first on the scene for a large catastrophic car crash and I took that home with me for a couple of months.

It's important to have a healthy outlet.

Thankfully, my wife is in emergency medicine so we debrief each other in a healthy manner. Peer support is helpful, and you can work with a staff psychologist too, if necessary.

I actually find that this job is the easiest job that I've ever done because I enjoy it so much.

And, when you do something to help the public, it adds something special to the job you're doing.

NHL

Canadiens send Gomez packing

The Montreal Canadiens opened training camp with a bang by sending underperforming centre Scott Gomez home for the rest of the season.

The move by new general manager Marc Bergevin will allow the Canadiens to buy out Gomez's contract in the summer and clear $7.3 million US in salary-cap space for next season.

Scott Gomez
GETTY IMAGES FILE

Gomez, the Canadiens' highest-paid player, famously went more than a calendar year without scoring a goal during the last two campaigns.

THE CANADIAN PRESS

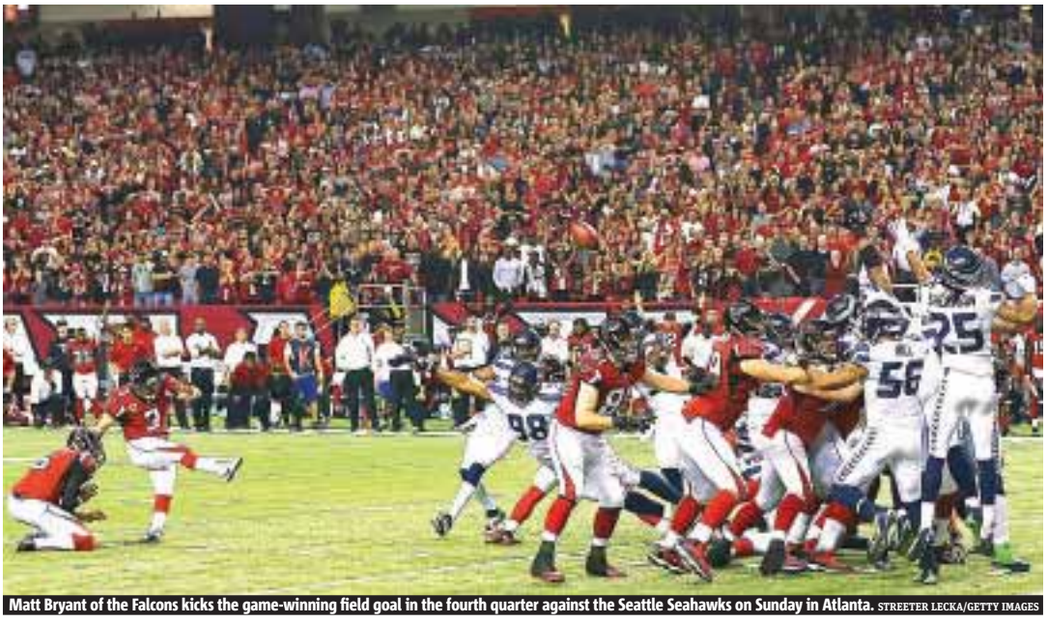
Cycling

Armstrong 'at ease' ahead of Oprah interview

Out for a Sunday morning jog in bright sunshine, Lance Armstrong hardly looked like a man about to finally confront the doping scandal that has shadowed his storied career like an angry storm cloud.

"I'm calm, I'm at ease and ready to speak candidly," Armstrong told The Associated Press, referring to his interview Monday with Oprah Winfrey.

In what's been billed as a "no-holds barred" session, the cyclist is expected to reverse course after a decade of denials and apologize for doping, as well as offer a limited confession about his role at the head of a long-running scheme to dominate the Tour de France with the aid of performance-enhancing drugs. THE ASSOCIATED PRESS


Matt Bryant of the Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

Seahawks' Cinderella season ends in Atlanta

NFL. QB Wilson rallies Seattle again only to see Falcons win on Bryant's late field goal

Playoffs

Falcons	Seahawks
30	28

Pete Carroll called the game "extraordinary" and his Seahawks' comeback "exquisite." Then, the coach called his rookie quarterback "unbelievable."

Russell Wilson did everything he could to deliver Seattle another comeback win in the playoffs.

Wilson led the Seahawks to three fourth-quarter touchdowns only to see Atlanta's Matt Bryant kick a 49-yard field goal with eight seconds remaining to give the Falcons a 30-28 NFC divisional playoff win over Seattle on Sunday.

"(Wilson) put us in position to be in another game next week, but we couldn't finish it," Carroll said.

"That's just an amazing football team we have.... It's a really good team and we're just getting started."

The unflappable Wilson is the biggest reason for Carroll's optimism about the Seahawks' future.

The Falcons led 27-7 at the start of the fourth before Wilson began Seattle's comeback. He had a one-yard touchdown run, passed to tight end Zach Miller for a two-yard score and then led a go-ahead drive capped by Marshawn Lynch's two-yard run with 31 seconds left.

"I love it when games are on the line," Wilson said. "I love it when games are a little bit tight. When others are nervous, that's when I love to play."

There was ample reason for nerves on each sideline in the wild final quarter.

Wilson watched but didn't panic as Atlanta's Matt Ryan completed passes to Harry Douglas and Tony Gonzalez to set up Bryant's game-winning kick.

Wilson was left with eight seconds.

"When we had the ball I knew we were going to win," Wilson said. "I knew we were going to score. Obviously it didn't work out."

Following a squib kickoff by Bryant, Wilson completed a short pass to Doug Baldwin to the Falcons 46.

That left Wilson only two seconds for one final desperation toss. The game ended with Falcons receiver Julio Jones, playing deep in the prevent defence, intercepting Wilson's pass in the end zone.

It was the only interception for Wilson, who completed 24 of 36 passes for 385 yards and two touchdowns. Wilson also had seven carries for 60 yards and a touchdown.

"I think he's an amazing football player," Carroll said. "I think he proved it yet again. It's undeniable."

THE ASSOCIATED PRESS

Penguins welcomed back to the ice

Penguins captain Sidney Crosby listens to head coach Dan Bylsma during the opening day of NHL training camps on Sunday in Canonsburg, Pa.
GENE J. PUSKAR/THE ASSOCIATED PRESS

Pittsburgh Penguins coach Dan Bylsma was in the midst of a little speech during his first day at his normal job in eight months when his players stopped suddenly and raised their sticks in the air.

The gesture served as a salute to the hundreds of fans who packed a suburban Pittsburgh hockey complex to watch the Penguins in their first official practice since the end of the NHL lockout.

The response — a chant of "Let's Go Penguins" by the folks who crammed elbow to elbow on concrete bleachers — erased any lingering concern about animosity over the four-month work stoppage that cut the league's season nearly in half.

Malkin en route

Evgeni Malkin is expected to join the Penguins following a few months playing for the KHL in his native Russia.

"It's pretty special to have a packed building," Bylsma said.

It marked a stark contrast to the lockout, when a handful of players — captain Sidney Crosby included — would get together at the same facility for drills.

The crowded ice and Bylsma's whistle gave things a sense of order following anxiety that the season might be lost completely.

Now it's game on for a team considered a Stanley Cup favourite now that Crosby appears to be fully recovered from concussion-like symptoms.

For once, it was nice to just have things feel like normal. Or at least as normal as preparing for a 48-game season in a week can feel anyway.

"It felt a little bit different," Crosby said. "The meetings were a little bit shorter, just kind of a shorter version of everything, a condensed version." THE ASSOCIATED PRESS

4 SPORTS

Serbia's Novak Djokovic serves during a practice session ahead of the 2013 Australian Open at Melbourne Park on Sunday. SCOTT BARBOUR/GETTY IMAGES

Recharged Djokovic has sights set on Aussie Open history

Tennis. Top-ranked men's player hoping for a hat trick of titles at year's first grand slam

Novak Djokovic shelved the conventional preparations for a while, warming up for a shot at a third consecutive Australian title with a bit of weekend hit-and-giggle and a Gangnam Style dance with Serena Williams.

That was for kids' day, when thousands of people flocked to Rod Laver Arena to see 2012 Australian champions Djokovic and Victoria Azarenka hitting in a just-for-fun match with players including past champions Roger Federer and Williams, a cast of human-sized cartoon characters and a marching band that played Michael Jackson's Thriller.

Come Monday, the No. 1-ranked Djokovic will be back to work, hoping his opener against Paul-Henri Mathieu is the first of seven matches this month at the venue where he's had the most success in Grand Slam tennis. His five-set, five-hour, 53-minute win over Rafael Nadal in the final last year is already part of Australian Open folklore, and followed his titles at Melbourne Park in 2008 and 2011.

The fun matches, the joking around and the break from official tournaments in the off-season are crucial ingredients to Djokovic's success in Australia.

"You get time to recover, regroup, recharge your batteries mentally, physically, try to get ready for the new season," said the 25-year-old Djokovic. "You come here fresh. You're motivated and inspired to play some good tennis.

"This is my most successful Grand Slam. But this Grand Slam is also known for a lot of surprises, players who have been reaching the final stages who are not expected to. We'll see. The Australian Open always brings something interesting."

No man has won three successive Australian titles in the Open era, which dates back to 1968.

THE ASSOCIATED PRESS

Federer rolls on

Another season, another potential tennis record for Roger Federer.

- But this one is a bit different. The celebrated Swiss star doesn't actually need to win a match, he just needs to show up and play — at each of the year's four Grand Slams.
- If he does, Federer will tally 56 consecutive Grand Slam singles tournaments, which would equal the record held by retired South African player Wayne Ferreira.

NBA

Anthony, Knicks make fast work of Hornets

Carmelo Anthony was hungry, and not just to end the Knicks' losing streak.

He wanted something to eat.

Anthony, struggling to keep his energy up while fasting for two weeks, snapped out of a slow start by scoring 18 of his 27 points in the second quarter, and New York ended its three-game skid with a 100-87 win over the New Orleans Hornets on Sunday.

"I'm kind of going through something right now with my own self, trying to find some energy and things like that. But we'll be fine," Anthony said. "We bounced back pretty well, I bounced back pretty well, stuck with it and won the game."

The all-star forward said he hadn't had any meat or carbs in 15 days.

"I usually do it sometimes just to get some clarity in my life and just spiritual reasons. I'm done now. I can't do it no more. I surrender," Anthony said, adding he was headed out to look for a steak after the game.

THE ASSOCIATED PRESS

NBA. Raptors cough up 20-point lead to Bucks

The Toronto Raptors' bench was nowhere to be found when the team needed it most Sunday.

The Milwaukee Bucks overcame a 20-point deficit to beat the Raptors 107-96 — outscoring Toronto's undermanned bench 43-7 while two of the Raptors' leaders were being treated for injuries.

"Our bench has been great all year, I can't commend them enough on how they come in and change the game or at least maintain it for us, but today for whatever reason (Milwaukee's) bench came in and outplayed us," said Raptors coach Dwane Casey. "They clearly outplayed us, defensively, offensively, all around."

The loss spoiled strong outings from Amir Johnson and Ed Davis — Johnson finishing with 22 points and 14 rebounds, and Davis scoring 20 points and grabbing 12 boards.

DeMar DeRozan added 23 points, while Jose Calderon had 21 points and eight assists for the Raptors (14-23).

Both Johnson and Calderon played most of the game injured, Calderon tweaking his right calf muscle in the first quarter, Johnson landing awkwardly on the right ankle that had already been bothering him. Both started the second half.

With Calderon firing on all cylinders before the injury, the Raptors raced out to a 20-point lead in the first 10 minutes. But the bench fired blanks and all of a sudden the Bucks were tied with Toronto just prior to halftime. THE CANADIAN PRESS

Raptors forward Amir Johnson goes up for a shot between Milwaukee's Larry Sanders, left, and Ersan Ilyasova on Sunday in Toronto. TORSTAR NEWS SERVICE

Sunday's game

107	96
Bucks	Raptors

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	24	11	.686	—
New York	24	13	.649	1
Indiana	23	15	.605	2½
Brooklyn	22	15	.595	3
Atlanta	21	15	.583	3½
Chicago	20	15	.571	4
Milwaukee	19	17	.528	5½
Boston	19	17	.528	5½
Philadelphia	16	22	.421	9½
Toronto	**14**	**23**	**.378**	**11**
Detroit	14	24	.368	11½
Orlando	13	23	.361	11½
Charlotte	9	27	.250	15½
Cleveland	9	29	.237	16½
Washington	6	28	.176	17½

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	28	8	.778	—
L.A. Clippers	28	9	.757	½
San Antonio	29	11	.725	1
Memphis	24	11	.686	3½
Golden State	23	12	.657	4½
Denver	22	16	.579	7
Portland	20	16	.556	8
Houston	21	17	.553	8
Utah	20	19	.513	9½
Minnesota	16	18	.471	11
.A. Lakers	15	21	.417	13
Dallas	15	23	.395	14
Sacramento	13	24	.351	15½
Phoenix	13	26	.333	16½
New Orleans	11	26	.297	17½

Sunday's results
New York 100 New Orleans 87
Milwaukee 107 **Toronto 96**
Brooklyn 97 Indiana 86
San Antonio 106 Minnesota 88
Golden State at Denver
Oklahoma City at Portland
Cleveland at L.A. Lakers
Saturday's results
Orlando 104 L.A. Clippers 101
Indiana 96 Charlotte 88
Washington 93 Atlanta 83
Philadelphia 107 Houston 100
Utah 90 Detroit 87
Phoenix 97 Chicago 81
Dallas 104 Memphis 83
Miami 128 Sacramento 99
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
Charlotte at Boston, 7:30 p.m.
Atlanta at Chicago, 8 p.m.
L.A. Clippers at Memphis, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Miami at Utah, 9 p.m.
Oklahoma City at Phoenix, 9 p.m.
Cleveland at Sacramento, 10 p.m.

BUCKS 107, RAPTORS 96

MILWAUKEE (107)
Jennings 5-13 7-7 19, Henson 8-13 3-4 19, Ellis 7-17 2-2 17, Dunleavy 5-8 2-2 15, Sanders 4-6 3-6 11, Ilyasova 3-6 2-2 9, Mbah A Moute 4-5 0-0 8, Udrih 2-5 0-0 5, Daniels 1-2 0-0 2, Udoh 1-2 0-0 2.
Totals — 40-77 19-23 107.
TORONTO (96)
DeRozan 7-19 9-10 23, Johnson 9-16 4-4 22, Calderon 9-15 0-0 21, Davis 8-12 4-7 20, Anderson 2-10 1-2 5, Fields 1-5 1-2 3, Acy 0-3 2-2 2, Lowry 0-4 0-0 0, Ross 0-1 0-0 0.
Totals — 36-85 21-27 96.

Milwaukee	**16**	**31**	**27**	**33 —107**
Toronto	**34**	**15**	**29**	**18 — 96**

3-Point Goals—Milwaukee 8-19 (Jennings 2-5, Dunleavy 3-4, Ellis 1-3, Ilyasova 1-2, Udrih 1-2, Daniels 0-1, Mbah A Moute 0-1, Henson 0-1). Toronto 3-13 (Anderson 0-5, Calderon 3-4, DeRozan 0-2, Fields 0-1, Lowry 0-1). **Rebounds**—Milwaukee 32 (Sanders 8, Henson 6, Ilyasova 5, Jennings 4, Dunleavy 2, Udrih 2, Udoh 2, Mbah A Moute 2, Ellis 1). Toronto 40 (Johnson 14, Davis 12, DeRozan 5, Calderon 2, Lowry 2, Anderson 2, Acy 2, Fields 1). **Assists**—Milwaukee 29 (Jennings 10). Toronto 25 (Calderon 8).
Total Fouls—Milwaukee 25, Toronto 21.
Attendance—17,384 at Toronto. T—2:20

NFL

DIVISIONAL PLAYOFFS

SUNDAY'S RESULTS
Atlanta 30 Seattle 28
New England 41 Houston 28
SATURDAY'S RESULTS
Baltimore 38 Denver 35 (2OT)
San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

SUNDAY'S GAMES — All Times Eastern
NFC — San Francisco at Atlanta, 3 p.m.
AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL

SUNDAY, FEB. 3
At New Orleans
AFC vs. NFC champions, 6 p.m.

TENNIS

ATP — APIA INTERNATIONAL

AT SYDNEY, AUSTRALIA
Single — Championship
Bernard Tomic, Australia, def. Kevin Anderson, South Africa, 6-3, 6-7 (2), 6-3.
Doubles — Championship
Bob and Mike Bryan (1), U.S., def. Max Mirnyi, Belarus, and Horia Tecau (4), Romania, 6-4, 6-4.

ATP-HEINEKEN OPEN

AT AUCKLAND, NEW ZEALAND
Singles — Championship
David Ferrer (1), Spain, def. Philipp Kohlschreiber (2), Germany, 7-6 (5), 6-1.
Doubles — Championship
Colin Fleming, Britain, and Bruno Soares (1), Brazil, def. Johan Brunstrom, Sweden, and Frederik Nielsen, Denmark, 7-6 (1), 7-6 (2).

WTA — MOORILLA HOBART INTERNATIONAL

AT HOBART, AUSTRALIA
Singles — Championship
Elena Vesnina, Russia, def. Mona Barthel (9), Germany, 6-3, 6-4.
Doubles — Championship
Garbine Muguruza and Maria-Teresa Torro-Flor, Spain, def. Timea Babos, Hungary, and Mandy Minella, Luxembourg, 6-3, 7-6 (5).

AHL

Sunday's results
Toronto 2 St. John's 4
Portland 3 Worcester 1
Manchester 1 Providence 2
Bridgeport 5 Albany 4
Connecticut 0 Hershey 5
Texas 3 Oklahoma City 0
Peoria 3 Milwaukee 2 (SO)
Charlotte 2 Houston 1 (OT)
Tuesday's games — All Times Eastern
Springfield at Manchester, 7 p.m.
Connecticut at Portland, 7 p.m.
W-B/Scranton at Norfolk, 7:15 p.m.
Hamilton at Abbotsford, 10 p.m.
Wednesday's games
Hershey at Worcester, 7 p.m.
Grand Rapids at Charlotte, 7 p.m.
Rochester at Binghamton, 7:05 p.m.
Texas at Chicago, 8 p.m.
Hamilton at Abbotsford, 10 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

♉ Taurus
April 21 - May 21
No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

♊ Gemini
May 22 - June 21
Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

♋ Cancer
June 22 - July 23
You would be wise to remember today that not everyone is as straightforward and honest as you – in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

♌ Leo
July 24 - Aug. 23
If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

♍ Virgo
Aug. 24 - Sept. 23
If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

♎ Libra
Sept. 24 - Oct. 23
Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

♏ Scorpio
Oct. 24 - Nov. 22
Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

♑ Capricorn
Dec. 22 - Jan. 20
You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

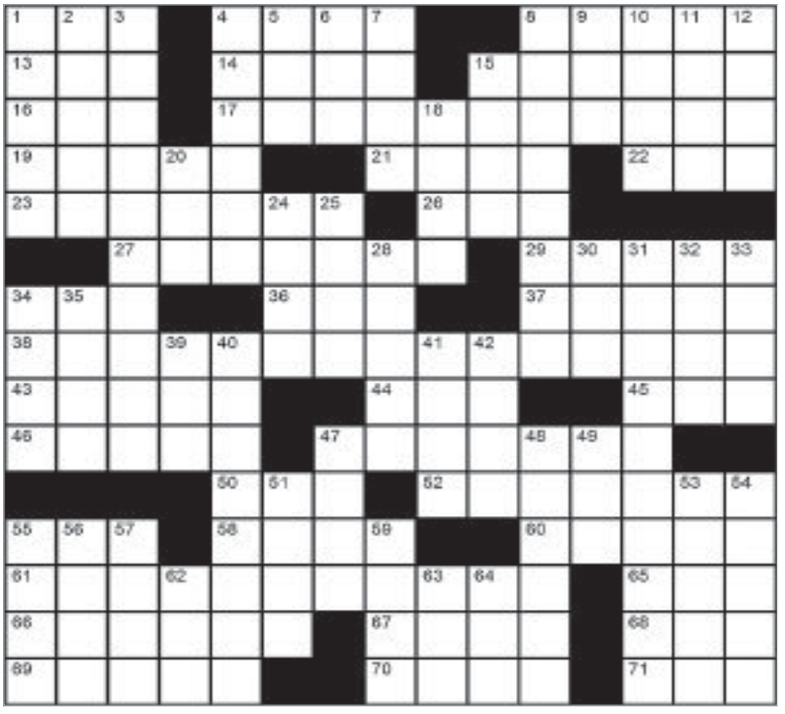
♒ Aquarius
Jan. 21 - Feb. 19
Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

♓ Pisces
Feb. 20 - March 20
Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

Crossword: Canada Across and Down

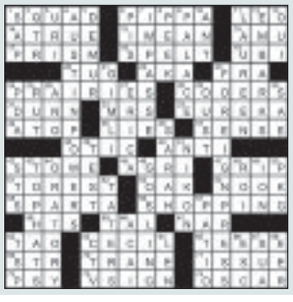
BY KELLY ANN BUCHANAN



Across
1. Electronics co.
4. Wharf
8. Garlic segment
13. Vitner's prefix
14. Seed covering
15. Swiss __
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise __" by Josh Groban: 2 wds.
22. __ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/__ __ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyageur vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "__ __ secret that..."
47. Sasha Fierce singer
50. __ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down
1. Major upsets
2. Pre-university school in Quebec
3. Rovio game sensations: 2 wds.
4. Silent movie's in-distress role
5. Hockey's Bobby
6. "El __" (1961)
7. Supermodel Heidi
8. "The legend lives on from the __ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-_-__
24. Just _ _ (Small bit)
25. Ms. McEntire
28. Radiohead singer Thom
30. PC linking system
31. The __, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers
42. Curdle
47. Tree trunk
48. Action star Chuck
49. __-Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand __ racing
57. "__ Fiction" (1994)
59. Remnants
62. Company pres.
63. __ _ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		7		1		4	9	
	1	5						
			9					2
4		1	8					
8			6		2			1
					4	2		3
3					9			
						5	6	
	7	6		2		9		8

Yesterday's Sudoku

1	6	2	3	5	7	8	4	9
9	4	7	6	8	1	3	2	5
8	3	5	4	9	2	7	1	6
6	7	4	8	1	3	9	5	2
5	1	3	9	2	4	6	7	8
2	9	8	7	6	5	4	3	1
3	8	1	2	7	6	5	9	4
4	2	6	5	3	9	1	8	7
7	5	9	1	4	8	2	6	3

Sharability

easy — hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.com,** choose your country and join the global conversation!
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Panel